

## Claims

- [c1] What is claimed is:
1. An exercising apparatus comprising:
    - a frame;
    - at least one surface of the frame moveable for receiving and resisting user generated forces;
    - a computer fixed to a surface of the frame;
    - a flash memory;
    - a computer operating system embedded within the flash memory for controlling the computer; and
    - a touch operable display device fixed to the frame providing an interface between the user and the computer;
  2. The exercising apparatus of claim 1 wherein the computer is capable of providing and displaying real-time user physical status information.
- [c2] 3. The exercising apparatus of claim 1 wherein the computer is capable of displaying personalized physical fitness training video or personalized physical fitness information on the display device.
- [c3] 4. The exercising apparatus of claim 1 wherein the computer is capable of displaying user selected entertainment video and information on the display device.
- [c4] 5. The exercising apparatus of claim 1 wherein the amount of flash memory is at least 32MB.
- [c5] 6. The exercising apparatus of claim 1 wherein the computer consumes less than 8 watts of power when utilizing a local area network or Ethernet cable connection.
- [c6] 7. The exercising apparatus of claim 1 wherein the computer is capable of being fully powered by an internal battery power, by power originating from an external source, or by power generated by the motions of the user.
- [c7] 8. The exercising apparatus of claim 1 wherein the display device is a Super-VGA LCD display.



[illegible]

[c17]